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Food and Home Notes

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Food Tips

If you want real ground sirloin, buy a sirloin steak or roast and have the butcher grind it for you. Or grind it yourself at home, suggest USDA home economists.

* * *

Leftover, cooked meat should never be merely warmed up. Instead -- it should be heated to an internal temperature of at least 155 F. Once reheated, it should be eaten while hot.

* * *

There are no standardized names for different qualities of ground beef. Therefore, supermarkets label their packages according to their own preferences. As a practical matter, most ground beef is made from trimmings and the less tender, less popular cuts of meat.

* * *

"Ground beef" is just what the name implies. No extra fat, water, extenders or binders are permitted. Seasonings, however, may be added as long as they are identified on the label.

THE BICENTENNIAL ROSE



A single pink rose has been planted at the International Peace Garden Gate in North Dakota to honor the 600,000 Extension Homemaker Club members in the United States. The rose, a bicentennial tribute by the Canadian Federated Women's Institutes, will become a part of a full rose bed to be planted at this sight next spring, according to Marilyn Backman, Extension Service, U.S. Department of Agriculture, who says the rose will be an inspirational identification for friendship and international peace to rural women.

Mrs. Alf Dagness, president-elect of North Dakota Extension Homemakers representing the United States, accepted the gift, and said "as the roses grow and flourish so will friendship." The rose was named after Adelaide Hoodless, the founder of the Canadian Federated Women's Institutes.



1932
Rappahannock County
Virginia

...women re-seating
chairs in the school-
yard.

BN 44502



1934
Spring Head, Florida

...Home demonstration
Club making out a years
canning budget with the
Home Demonstration Agent

BN 44501

A HOLIDAY WATCH

— FOR FOOD POISONING *

Most food-borne bacterial poisoning can be prevented by proper handling, preparations and storage of food in restaurants, institutions, and homes, according to scientists at the U.S. Department of Agriculture. But, we do have more than 2 million cases of bacterial food poisoning every year...in spite of advanced food processing techniques.

Where does the bacteria come from? It's everywhere in the environment so contamination of food is also universal. Prevention is possible, however, by stopping the growth of the bacteria or by killing them at the proper time to prevent their causing food poisoning.

Three specific organisms -- *Staphylococcus aureus*, *Clostridium perfringens*, and *Clostridium botulinum* -- are sources for part of these food poisoning cases. The fourth group of bacteria is called *Salmonella*.

Staphylococcus aureus may be prevented by (1) avoidance of contamination of food by food handlers through personal cleanliness, use of sanitary facilities and utensils; (2) application of sufficient heat to destroy the bacteria during cooking; and (3) immediate refrigeration or freezing of foods after preparation to retard the multiplication of bacteria.

Salmonella is a generic term applied to a group of about 1,600 closely related types of bacteria that cause food poisoning in humans. It may be prevented by (1) cooking foods thoroughly and serving them hot; (2) preventing recontamination of foods through cleanliness and use of sanitary utensils; (3) prompt cooling or freezing of foods after preparation to retard the multiplication of all bacteria; and (4) full reheating of stored foods to destroy bacteria.

Clostridium perfringens commonly inhabit the intestinal tracts of man and other warmblooded animals. The organism produces spores which are resistant to heat, cold, and drying.

A HOLIDAY WATCH (CON'T)

Preventing food poisoning from *Clostridium perfringens* is based on three principles:

(1) Cooking high protein foods (meat and poultry, particularly) well enough to kill vegetative forms of the organisms (2) keeping foods hot (above 140 F.) until eaten; and (3) prompt refrigeration of foods in shallow containers for quick temperature reduction to retard the multiplication of vegetative forms that cause disease.

Clostridium botulinum, rod-shaped appearing organisms, form spores that occur throughout the environment in soil, water, and on produce and other foods. They are harmless unless triggered by certain conditions to divide. Prevention of botulism is based on four principles: (1) In canning foods of low acidity, using pressure coolers and cooking long enough with high temperature and pressure to destroy the spores; (2) in canning of foods of high acidity, to cook at boiling temperatures in strict accordance with canning instructions to kill the vegetative form and yeasts and molds (spores cannot grow in high-acid foods); (3) avoiding tasting or eating canned foods in containers showing the following defects; leaking, bulging or damaged cans; cracked jars or jars with loose or bulging lids; (4) avoiding tasting any canned food that spurts liquid when the container is opened or any canned food that has an abnormal odor; and (5) boiling low acid canned foods for 10 minutes prior to serving.

You CAN prevent food poisoning by following these rules. Holiday foods need to be treated carefully -- be cautious -- time your foods when you leave them out on an open buffet. Take special precautions based on the Animal Plant, Health Inspection Service tips and have a safe holiday time.

*

"Food-Borne Bacterial Poisoning" complete article available from APHIS/USDA.

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